

## November 2018 Newsletter

Welcome to Mini Hurricane  
**Laurie Bernard Good**  
born on 24<sup>th</sup> September 2018, weighing 8lb 9oz.  
Little brother to Emilia  
Congratulation Eleanor & Alex



*Gift vouchers available -  
redeemable against Membership,  
Clothing, Races, Sessions.  
Give the gift of fitness this  
Christmas / Birthday*



Hawkinge Hurricanes is registered with easy fundraising. Whenever you shop online through the Easy Fundraising website, HHRC get a small percentage donation. It doesn't cost you a single penny extra but our little club does benefit and funds raised allow us to purchase equipment. Throughout November and December, the athlete who raises the most on the donation page will receive a club gift. With Christmas coming it's a perfect opportunity. Hundreds of retailers like Amazon, Tesco, Insurance, Flights and Next.

Register for free at

**[Easyfundraising.org.uk/cause/hawkingehurricanes](https://www.easypfundraising.org.uk/cause/hawkingehurricanes)**

# November 2018 Club Schedules

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site! All sessions are £3.00.

## Aylesham Branch Schedule

Date and time	Location	Session	Notes
Monday 5 <sup>th</sup> @1830	AWLC	Club Session	
Wednesday 7 <sup>th</sup> @1830	AWLC	Club Session	
Monday 12 <sup>th</sup> @1830	AWLC	Club Session	
Wednesday 14 <sup>th</sup> @1830	AWLC	Club Session	
Monday 20 <sup>th</sup> @1830	AWLC	Club Session	
Wednesday 21 <sup>st</sup> @1830	AWLC	Club Session	
Monday 26 <sup>th</sup> @1830	AWLC	Club Session	
Wednesday 28 <sup>th</sup> 1830	Duke of York Military School	Club Track Session	Suitable for all

## Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Monday 5 <sup>th</sup> @0900	HCC	Club Session	Two Distances
Tuesday 6 <sup>th</sup> @1830	The Leas	Be Seen Club session	Brightest outfit wins a prize
Monday 12 <sup>th</sup> @0900	HCC	Club Session	Two Distances
Monday 12 <sup>th</sup> @1830	HCC	Club Session	
Monday 19 <sup>th</sup> @0900	HCC	Club Session	Two Distances
Monday 19 <sup>th</sup> @1830	HCC	Club Session	
Monday 26 <sup>th</sup> @0900	HCC	Club Session	Elizabeth to lead
Wednesday 28 <sup>th</sup> 1830	Duke of York Military School	Club Track Session	Suitable for all



### A brilliant turn out for the Club Fun 10K

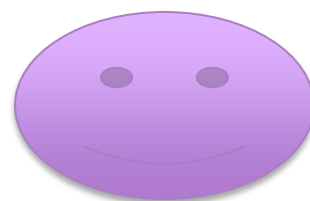
*First man home Dan Newman - 41:56*

*First Lady Home - Jade Wiltshire - 58:06*

*10k PB for Charlotte Strickland - 1:11:11*

*10k PB for Trena Bartlett - 1:23:57*

*Thank you to our amazing marshalling team- these events wouldn't happen without our volunteers*



## Top Tips For Getting Up In The Morning

Even if you're a true morning person, the most motivated and lively of us can have off days, and wonder how to wake up with gusto. But it doesn't have to be a hassle - there are tried and tested things you can do to learn how to wake up refreshed and prepared for the day ahead.

### Step 1. Get a good night's sleep

It's obvious really. One of the most important factors in being able to wake up refreshed is to have had full night's unbroken sleep the night before. But to do this there are a number of crucial factors, the most important of which is having a comfortable bed and a relaxed atmosphere in which to sleep. Think about replacing your mattress if it's starting to feel a little tired itself – the Sleep Council recommend that the maximum life span of one should be 8 years if you really want to get all the support you need.

In recent years there's also been quite a lot of research into the effects on looking at phone and tablet screens before going to bed. Apparently, the blue light they emit limits our production of melatonin, the hormone that controls our sleep patterns, so the general advice is to stop using them at least 30 minutes before you plan to go to sleep.

Last, but not least, keeping your bedroom tidy makes it a far more relaxing place to go to sleep in and to wake up in too.

### Step 2. Avoid the temptation to snooze

We've already mentioned how easy it can be to reach for the "snooze" button to enjoy a few extra minutes in your warm and, hopefully, comfortable bed. But you're only putting off the inevitable.

If you really want to know how to wake up in the morning then the first thing to do is to put your alarm a little way from the bed. After all, if it's out of reach and you have to get up to turn it off, you'll be half way to getting up yourself.

It's also much better to have a gentle alarm or one that gradually increases in volume instead of a harsh bell or a buzzer. That way you'll be far less inclined to automatically react by switching it off when it sounds.

If you really can't resist the temptation to snooze then try setting the alarm to go off a little earlier than usual to factor in that extra time in bed.

### Step 3. Try a little exercise

Having a healthy morning routine is another sure-fire way to get a great start to the day. It doesn't mean getting down to the gym before it opens or taking on a 10k run before breakfast. It can be a lot gentler than that.

Start by doing a few stretches first just to loosen up your joints and get your muscles working. You should also concentrate on your posture, standing up straight with your feet flat on the floor. This helps to get the oxygen flowing more easily round your body bringing it fully back to life after its overnight shutdown.

If you know any yoga or Pilates moves, this is also the ideal time to put them into practice. But remember to go gently and give yourself time for a proper warm up. Focusing on your breathing is also important as it can help prepare both your body and your mind for the day ahead.

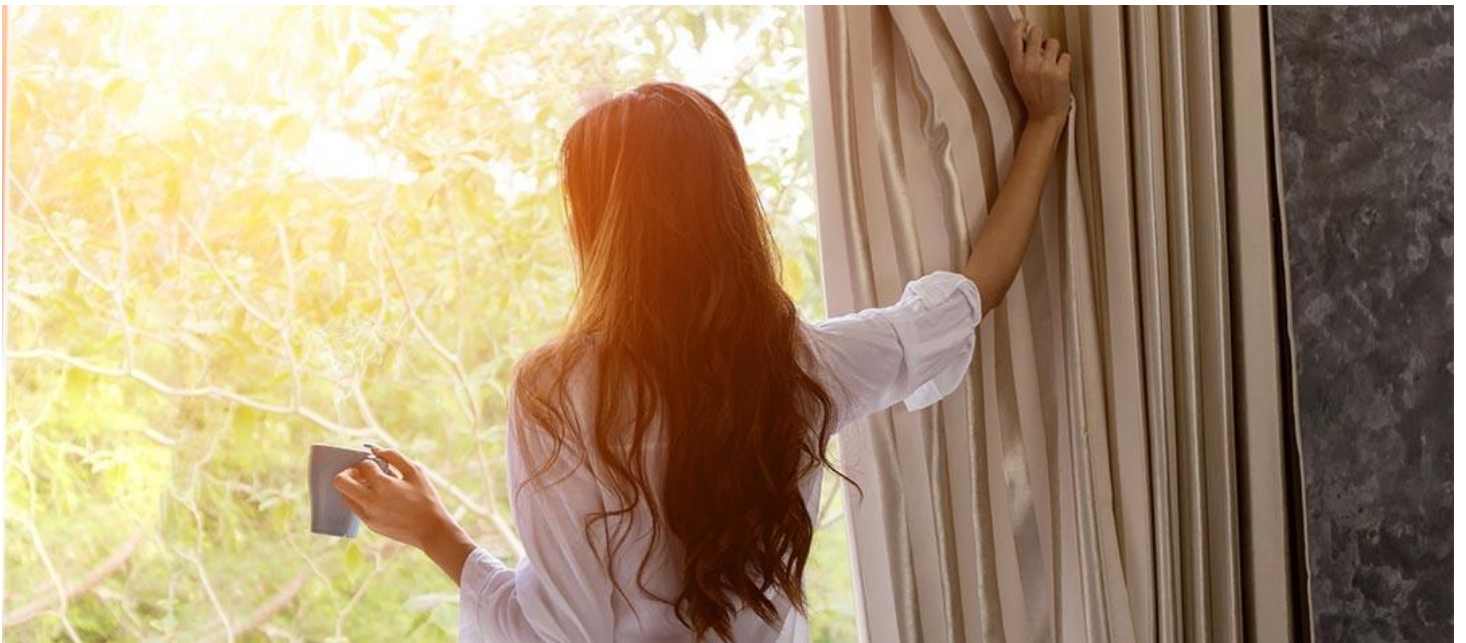
## Step 4. Give yourself a breakfast of champions

It may be a cliché that breakfast is the most important meal of the day but it's true. It helps you lay down precious reserves of energy that will see you through until lunchtime.

The first thing you need to do is rehydrate with a fruit juice or even a cup of hot water enriched with honey and lemon. What you eat is important too and, while sugary cereals may give an instant energy hit, the effect is short lived.

Have something that releases energy more slowly like porridge or a natural muesli whose sweetness comes from the dried fruits it contains. A boiled egg with soldiers is always a good option too thanks to its combination of protein and carbs.

Hopefully these tips have given you some great ideas about how to start your day, including the best way to wake up. Now why not start putting them into practice and give your day a boost.



### **CLUB BALOT PLACE VLM 2019**

We are hoping to secure our Club Place for the VLM 2019. Please express an interest via email ([sam@hawkingehurricanes.com](mailto:sam@hawkingehurricanes.com)) to qualify for our club place you must meet the following criteria

- Affiliated athlete (greater than 6 months)
- Be fully paid Club Member
- Hawkinge Hurricanes **MUST** be your First Claim Club
- Athlete not to have received club place previously
- Successful athlete will wear Club Colours unless super seeded by charity vest
- Successful athlete must pay the VLM entry fee by date provided
- Club Place **CAN NOT** be transferred outside Hawkinge Hurricanes RC

